

# *The Kewaunee County Public Health Connection*

## ***Did you know...***

**4 out of 5 kids are not buckled into their car seat correctly!**



Kewaunee County now has a certified Car Seat Technician!

Call (920) 388 – 7160 to set up a free office or home visit.

## ***Cranberry Salsa***

*1 bag cranberries; finely chopped*

*3-4 green onions; diced*

*1 jalapeno; minced and seeded*

*2 limes; juiced*

*Pinch of salt*

*1/3 C. sugar*

*Combine & stir ingredients well*

*Serve with lime chips & enjoy!*



## **Rotavirus**

Rotavirus is a virus most commonly found in infants and young children. It is spread by contamination of stool and causes severe watery diarrhea, vomiting, fever, and/or abdominal pain.

Infected individuals shed the virus in their stool which is how the virus gets in the environment and infects others.

This may occur if you:

- put your unwashed hands that are contaminated with stool in your mouth
- touch contaminated objects or surfaces then put your fingers in your mouth
- consume contaminated food

Take control by practicing good hand hygiene, cleanliness, and getting vaccinated!

***Vaccines available at Kewaunee County Public Health Dept. Call (920) 388-7160 to schedule an appointment.***

## ***The Kewaunee WIC Program is here to help!***

Do you know someone with an infant or child who is struggling to make ends meet? Have them call the WIC Program today to see if they are eligible!



Open Monday – Friday 8:00 - 4:30.

**Call (920) 388-7160 for more details!**



## ***Show your HEART some LOVE!***

Quit smoking  
Get active  
Reduce stress  
Get adequate sleep  
Smile more  
Eat smart

Consider choosing lean meats for heart health such as chicken breasts, pork chops, ground sirloin, venison, fish, and beans!



***Take time to take care of your heart!***

## ***Don't let the **FLU** get the best of **YOU!*****

The Flu is a contagious respiratory illness caused by influenza viruses that affect the nose, throat, and sometimes the lungs. It can cause severe illness, and can be deadly!

The Flu shot **does** help! While *some* individuals *may* still contract the flu even after getting the vaccine, those who are vaccinated tend to have a much milder case than those who are not vaccinated.



Children 6 months to 18 years old can receive a **FREE** Flu shot. Call Kewaunee County Public Health Dept. to schedule an appointment.

## ***Looking to Dispose of Old Medications?***

Deterra deactivation drug bags are safe, convenient, & effective. Simply place your old pills, liquids, or patches in the pouch, fill the bag halfway with water, seal it, and dispose of it in the trash. Bags and contents are biodegradable and safe for the environment!



Deterra drug disposal bags & medication lock boxes are available for **FREE at the Kewaunee Public Health Dept.** Stop by and get yours